

ATTENTION SUBSCRIBERS

We have had two or three OA's returned in the last few months because people have moved and not notified us of a change of address or filed a forwarding address with the post office or their forwarding addresses have expired. PLEASE write or call us with a new address when you move.....

OPEN ARMS IS PUBLISHED AND RUN BY A VOLUNTEER STAFF. WE ARE LOOKING FOR ADDITIONAL WIMMIN TO HELP WITH THE NEWSLETTER. IF YOU HAVE A FEW HOURS TO DEVOTE ONCE A MONTH, PLEASE CONTACT US BY PHONE OR E-MAIL.

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SUZANNE WESTENHOEFER, famous out Lesbian comedienne will be performing in Ann Arbor, MI on November 21, at The Ark (313-763-8587). If you have not seen this talented performer, put her on your must see list!! You won't be sorry. She also has a new CD out called "Nothing in My Closet But My Clothes" and a video of her HBO Special. These can be purchased at the concerts or by calling 800-631-6277 and ordering them.

NOW THRU NOVEMBER 23.....AT THE PHOENIX THEATRE INDY

.....Starring Indy native, Darren Matthias....."Poor Superman" by Brad Fraser.....a gritty urban comedy called one of Time magazine's "ten best".

A successful gay painter takes a job waiting tables and attraction blooms between him and the owner-to the horror of the owner's homophobic wife. Canada's hottest young playwright has characters colliding like bumper cars, breaking taboos, and shattering traditional definitions of love and relationships.

In conjunction with the play, there will be an exhibit of Darren's paintings.

CALL 317-635-PLAY for tix/times

Received via e-mail..Oct. 22

ABC is conducting a poll at the following URL

<http://www.abcnews.com/sections/us/ellen109>

Regarding whether you would let your child watch a lesbian kiss on television. Please go there now and vote. The

American Family Association (AFA), a very bigoted, right-winged, organization has been alerted off this poll, and they are all voting "NO!" Please go to the site and vote "YES" and keep the "MORAL MAJORITY" from taking over. Pass this along to all your friends

Politicians say they're beefing up our economy.
Most don't know beef from pork.

NEW CLUBS OPEN IN INDY

Tomorrow's Near North Cafe,
2301 N. Meridan, 317-925-1710 open 7 days,

Utopia,
924 N. Pennsylvania,
317-638-0215

OPEN ARMS DEADLINE/MEETING

The deadline for the December newsletter is Nov.15th. Submissions received after Nov.15th may not be published in the December newsletter. Mail submissions to Open Arms, P.O. Box 845, Mishawaka, IN or give to any staff member. There will be a newsletter meeting Nov 9, 6:30 p.m. For more information call or e-mail any staff member.....

E-mail address	mdills@juno.com
E-mail address	suze3@juno.com
Kaye & Marcia.....	219-271-0338
Suze.....	219-254-8676 (beeper)

community events

"SINGLED OUT" singles group

Well, so far we've been to Weko Beach, a movie (G.I Jane), and to Saugatuck. We are really having good times. Hope you will join us for the next 2 upcoming events.... Although these activities are being planned with single womyn in mind, no one is excluded and everyone is welcome.....Any questions??? call Janine at 219-259-5111 or Debbie at 616-687-9535

UPCOMING ACTIVITIES:

Saturday, November 15.... A Potluck/Game/Video night, to be held at Southside Christian Church on Jackson Road, South Bend, from 5:00 to 9:00 p.m. Bring a dish to pass, your own beverage and be ready to have fun.

Sunday, December 14, Bowling at Chippewa Lanes 3:00pm the cost of this outing should be less than \$6.00 per person. Hope to see you there.

We are very grateful for the use of the Southside Church building and the use of the parking lot as a place to meet and park cars when we go out of town. The activities, however, are not affiliated with the church. This building is a safe place for us to meet and accomodates our needs as far as space and facilities. THANK YOU, SOUTHSIDE AND MARTHA for offering this space to the lesbian community.

**3rd Friday Out, November 21,
Raenelle's End Zone, 4304 LWE, Mishawaka
RSVP call Lori/Sherrill (616-684-6913)**

If you get the answering machine, please leave a phone # so that we can confirm location and time

SUNDAY, NOVEMBER 30, 1:00 p.m., Viv's Creativity Salon... 417 Michigan St. Berrien Springs, MI. This salon promotes wimmin sharing self-expressions and creative energy with other wimmin. Future dates will follow. For more information, Viv at 616-473-6150 or Lisa at 219-299-9241

November 8, 7:30p.m.....Mountain Moving Coffeehouse presents DEIDRE McCALLA a witty, warm, wise and wonderful singer-songwriter-guitarist 1650 West Foster, Ebenezer Lutheran Church, Andersonville, Illinois (773)-973-9934

Saturday, December 6.....MMCH16th Mid-Winter Crafts Festival..... 11:00 a.m. to 6 p.m. Celebrate the annual festival with artisans and merchants from all over the country. There will be a table for free stuff, bring what you would like to share. Come to shop, browse, eat chili and cornbread.

Wednesday, December 31.....8:00 to 1:00a.m.....Women in the Arts is having a New Year's Eve Party and dance at the Garrison, 6002 N. Post Road, Indianapolis. Cost is \$20.00 in advance, \$22. at the door. Complimentary hors d'oeuvres and cash bar. For More Info...WIA, P.O. Box 1427, Indianapolis, IN. 46206 or call (317) 927-9355 voice mail, or e-mail wia@indy.net Home page- <http://www.a1.com.wia>

LESBIAN SUPPORT GROUP

EVERY TUESDAY. 7-9 P.M. FOR INFO: WRITE TO LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

Lesbian Growth & Support Group meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. For More Information.....219-424-7977 and also in Fort Wayne...Gay/Lesbian Helpline 219-744-1199 Mon-Thur, 7-10pm, Fri-Sat, 7-Midnight, Sun, 8-9pm

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 p.m. the fourth Sunday of the month at Christ the King Lutheran Church, Cleveland Road, South Bend. Info...Nancy Mascotte 219-277-2684 or write P.O. Box 4195, South Bend, 46634-4195

Switchboard Concern of Elkhart needs names and phone numbers of women as contacts for them to call when they have a caller who would like to talk to a gay female. The contacts' names and phone #'s are never given out to callers, but rather the contact is called and given the name and phone number of the caller. If you are interested in helping, please call Pat Barber at 219-294-3549

SAPPHOS NETWORK

A support/study/social group for North Central Indiana, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542



NOTRE DAME SOCCER
Nov. 2, 3:00pm vs Providence

NOTRE DAME VOLLEYBALL
Nov. 7, 7:00p.m... vs. W. Virginia
Nov. 9, 2:00p.m..... vs. Pittsburgh



N.D. BASKETBALL
Nov. 10, 7:00p.m...vs Australian Team
Nov. 13, 7:00p.m...vs Hungarian Team
Nov. 18, 7:00p.m...vs. Butler

STILL LEARNING AFTER ALL THESE YEARS

by Lee Lynch

Drivers are waving to me again.

I used to enjoy that connection with neighbors as I strode along my road. It's just a friendly good-will custom.

When the anti-gay ballot wars were raging no one waved. I took to walking head down, eyes staring at asphalt, trying to be the invisible queer. Years later the pall has finally lifted and I wave cheerfully back.

I've learned a lot in my middle years. I didn't exactly want to learn any of it. This has been one lesson: life is made up of cycles. When the neighbors stop waving, wait a few years.

A local cultural pillar who's fought hard to keep our library open, hugged me twice after I told her I was moving.

It took me this long to learn that if I want something to thrive — if I want to thrive — I need to be part of that something. I can give money, phone bank, do grunt work like shelving books.

Before I became part of the solution, I was intimidated by that local cultural pillar, as if she were a celebrity. I've learned I have something to contribute to the world, no matter how small the contribution, or how small my world. Giving has been my key to shedding my poor self image. And double hugs just one of my rewards.

I've scorned organized religion since childhood when I wondered by those men in skirts or tight collars alternated between threatening and boring their listeners.

With religion the backbone of the assault on gay Oregonians, I came to despise Christians who sat so meekly on Sundays, then turned on their neighbors.

Then I met Meggie, a fundamentalist Christian introduced to us by two gay men. Our work brought Meggie and I together a few hours a week. She listened to me rant about my oppression as a queer. She never said a word against gays. She told me she was shunned at her church for her friendship with the gay men and her refusal to support anti-gay politics.

I thought her advocacy came from knowing the guys and us, but no, it sprang from her religion. "The Bible," she explained, "says it's not for me to judge. That's the Lord's job."

Bless the true Christians.

Speaking of my intolerance, I once proudly wore a pin: "Friends don't let friends vote Republican."

Then I met Nadine. She looked and acted the way I imagined a Republican would look and act. But she kept coming to these human rights meetings. And volunteering for whatever needed doing. And doing it.

One evening the Republican-bashing got out of hand. Nadine quietly volunteered, "I'm a Republican." She gave a self-conscious, but not self-deprecating, laugh. "There are a lot of us who don't agree with our party's social policies."

I've never worn that pin again.

When I moved west I thought life would get easier. I planned to be mellow and laid back.

Immediately, I planted a garden, split wood, made my own applesauce, went for long hikes, got hired on at four jobs, began a monthly column, published a book a year, ended a relationship, started a new one — you get the picture.

After years of this I broke down, just as I had back east. Only now moving to the mellow west coast wasn't a solution. I had brought my type A skin along with me and it was time to shed it..

I've become very attached to the couch. My Higher Power even gave me feet problems so I'd move s-l-o-w-l-y. Rest, I've learned, is not a waste of time.

This list of the simple lessons of my midlife could go on and on. And will, I trust, as I go and on learning.



COURT OF FRIENDS

Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit/or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to:

The Court of Friends, P.O. Box 845, Mishawaka, In. 46546

You will be assigned an ID number. Your letter and ID number will be published in the next issue (depending upon when we receive your information). Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in pencil on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#69 Hi! I'm a SWF, 45 years young, caring and affectionate, with unlimited interests; to name a few, dancing, music (all kinds), golf, weekend trips, and walks on the beach. Looking for someone to share fun times out with, or just a night cuddling to good music, movie and a good bottle of wine! Someone to make memories with. Honesty a must.

#70 I'm a romantic and I want to believe in forever. Hi! SWGF, mid-thirties, long hair. I enjoy things that make my heart feel good, like bringing flowers, candle-lit dinners, long conversations, and especially laughing. Tuff on the outside, soft-hearted inside. I am seeking someone who is intelligent, honest, sensitive, with a sense of humor and a little dry-wit on the side. If you believe in the possibilities of forever and growing old together, I'd love to hear from you. Age is unimportant.

#71 Do you like taking walks and watching the beautiful fall leaves drift to the ground or the soft snowflakes falling silently to you lips?

Do you like laying on your back and watching the stars twinkling above or watching the clouds pass you by?

Do you like being held while watching a movie or just talking?

Would you like a 34 year young GWF who's not a beauty queen, who doesn't have a body of a model, who smokes, drinks occasionally, and has one child?

Would you like a new friend or love? Write me.....



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HEALTH BEAT

Answers To Medical Questionnaires
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Every two years for the past 21 years researchers with the nationwide Nurses' Health Study have sent out lengthy questionnaires to more than 120,000 female nurses in 11 states. Over 90% of the nurses contacted have faithfully sent back the questionnaires (2 hours or more to fill them out) and even blood and toenail samples as requested by the researchers. The findings about women's health matters are then reported to the participants in annual newsletters.

When the study began in 1976 all of the nurses were healthy and as they have gotten sick over the years, researchers have been able to find links between their illnesses and various factors in their lifestyles, such as the medications they've taken and the food they eat.

Here are some of the major findings so far:

- *ESTROGEN THERAPY reduces the risk of heart disease and osteoporosis, but long term use increases the risk of breast cancer. Short term use (less than 5 years) to relieve symptoms of menopause are safe,
- *BEING OVERWEIGHT greatly increases the risk of diabetes and increases the risk of heart disease, hypertension, and breast cancer.
- *DRINKING COFFEE does not increase the risk of heart attack and was associated with a lessened risk of suicide.
- *STOPPING SMOKING for 10 years nearly eliminates any extra risk for ex-smokers of premature death.
- *PAST USE OF ORAL CONTRACEPTIVES did not increase the risk of breast cancer.

.....from the South Bend Tribune

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IN THE NEWS



from the South Bend Tribune.....

Ex- Vice President, Dan Quayle issued a brief statement criticizing present V.P. Al Gore for applauding a lesbian TV character during a speech he made in Beverly Hills, California.

Gore hailed the lesbian lead of "Ellen" and other TV shows and characters as making important contributions to society during his speech to the Hollywood Radio and Television Society. Gore said "When the character Ellen came out, millions of Americans were forced to look at sexual orientation in a more open light."

In Quayle's statement, he was surprised to hear politicians promoting the agenda of Hollywood elites. He feels that the middle-class American family's agenda needs promoting. In 1992 Quayle denounced TV character "Murphy Brown" for having a child out of wedlock.

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"IN & OUT"

Friday night at the Mall of America in suburban Minneapolis: a cross section of Middle America; couples on dates, the elderly, and teenagers spill out from an auditorium. The show..... "In & Out", a film about a small-town high-school teacher who suffers an acute sexual identity attack when one of his students calls him "gay" on national TV just 3 days before his planned wedding has been the most popular show here since it opened on Sept. 19 (not to mention the \$40 million taken in at the box office across the land). One viewer said she was surprised that Hollywood actually let two men kiss on screen. The "KISS" has caused nary a peep and although a gasp or two was heard in the theater, most viewers found the movie pretty funny.

+++++

from the USA TODAY.....

Ellen Degeneres has accused ABC of censorship for placing a warning about "adult consent" before the episode in which Ellen kissed Paige. The show flashes the TV-14 warning at the show's opening. ABC added "Due to adult content, parental discretion is advised" for this episode.

DeGeneres said her show lets gay kids know that it is OK to be gay. An ABC spokesman said the advisory is for parents "to make educational decisions for young viewers, and not meant to exclude viewers,"

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Advertising rates are billed as follows:
for the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x 3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month.
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Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. *Open Arms* is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publications or special interest groups.

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to this column for free; just send the info to P.O. Box 845,
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2  N.D. vs Providence 3:00 p.m.	3	4  ELECTION DAY-	5	6	7  Happy Anniver- sary To A & J (1992)	8
9  N.D. vs Pittsburg 2:00 p.m.	10  N.D. vs Aus- tralian Team 7:00 p.m.	11  Happy Birthday to NANCY N.	12	13  N.D. vs Hun- garian Team 7:00 p.m.	14	15
16	17	18  N.D. vs Butler 7:00 p.m.	19	20	21  B-DAY WISHES to SUZE	22  Happy Birthday to CAROL C.
23	24	25  LIZ & COLETTE's ANNIVER- SARY (1988)	26	27 THANKSGIVING 	28	29
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